



COLONNADE

The Official Student Newspaper of Georgia College

Single Copies Free

November 15, 2018

gcsucolonnade.com

Drinking spikes in the dorms

Natalie Sadler
Contributing Writer

As of Oct. 16, there have been 112 underage liquor violation cases in GC residential facilities during the 2018 school year. Six resulted in a student’s arrest.

“We don’t arrest near the amount [of students] we make referrals for,” said GC Sgt. Michael Baker. “Officers have discretion, especially with first-time offenders, to do student judicial referrals.”

A recent arrest occurred on Sept. 29, when a GC patrol sergeant saw a male stumbling on the first floor of Wells Hall. The 18-year-old student slurred his words, the officer reported, and his breath had a strong odor of alcohol, specifically whiskey.

The student admitted drinking 30 minutes before encountering the officer. He tested positive on the alcohol sensor with a breath alcohol concentration of 0.22, the equivalent of seven drinks.

The student’s drunken Saturday night ended at the Milledgeville Police Department where he received a citation for possession of alcohol under 21. Additionally, the case was referred to the Student Judicial Board, which is the default procedure in a student arrest.

GC Legal Affairs has documented 102 referrals for underage students in the dorms in 2018. This is a 34 percent increase compared to the 76 referrals disclosed in the 2017 Clery Act report.

Baker said these numbers depend on what kind of students are living in the dorms and how strictly community advisors and directors enforce the rules.

Most of the 2018 referrals were written for Foundation Hall and Village 6. Both had 24 liquor violations referrals, while other halls like Napier and Sanford had only two.

A referral prevents the creation of a criminal record, in addition to documenting a student’s behavior at the time of arrest. Citations are the next step, and even though students are not arrested, they must appear in court on their criminal charge.

Bookings are the most extreme action, when a student is arrested by GC Police for multiple charges

or for their safety. Out of these, referrals are the most common disciplinary action.

“Unlike the Milledgeville Police Department and other local law enforcement, I think we’re very privileged to have the ability to refer a student to student judicial,” Baker said. “Later down the road, if there’s a second offence in close proximity to another, the student may have alcohol or substance abuse problems.”

Public Safety refers substance abuse to the Crisis Assessment Response and Education (CARE) Team. The CARE Team gives access to counseling which can help students who are struggling with addiction.

A severely intoxicated 19-year-old female resident of Adams Hall needed counseling after her arrest on Thursday, March 15. Before officers arrived at her room, she allegedly struck her roommate multiple times.

Even though her roommate declined pressing charges, the intoxicated student was arrested and charged with disorderly conduct and alcohol possession under 21. Later, she was referred to the CARE Team for counseling and the Title IX Team for domestic violence.

“For a lot of people, alcohol really changes them,” Baker said. “You never know what you’re going to get when you get out with someone that’s drunk.”

Few of the liquor violations in the dorms are this severe. Unless public safety is called or an officer is patrolling the building, university housing staff write most referrals.

Community advisors are responsible for reporting and documenting any drinking infractions. This information is entered into an incident report system, which area coordinators read and distribute to the community directors.

Community directors conduct hearings and meet with accused students. It’s a formal process, but students are given the chance to defend themselves.

“From there, the student who is supposedly alleged to be the violator of the policy makes the decision as to whether they find themselves responsible,” said Jamie Kwon, commu-

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Photo courtesy of Alaynah Luttrull

Luttrull sits in the Swiss Alps in 2018

Student publishes poetry book

Ashley Boyle
Arts & Life Editor

When Alaynah Luttrull arrived at the house her parents had rented in Switzerland, her face fell in disappointment. Tucked in the middle of the Swiss Alps, the 300-year-old property’s renovations were not as far along as the Luttrull family were led to believe. The only room that was fully finished was the bathroom, and the kitchen had a wood stove.

“We were minorly convinced someone would come murder us in our sleep,” Luttrull, a freshman exercise science major, said with a laugh.

Despite their initial shock, the Luttrull family decided to stick it out

and their time in old Swiss home turned out to be one of the greatest experiences of their lives.

“As much as [the house] was old, it was gorgeous,” Luttrull said. “You haven’t lived until you get to look out the little kitchen windows to see the Swiss Alps. There was something about staying in a house that had been there for so long that it kind of had soaked up the culture. That’s something that I’d always hoped I could do: ‘soak up the culture.’”

Now back in Milledgeville as a freshman at GC, Luttrull reflects on her experience growing up overseas in her self-published book of poetry “Sweet Tea and Wildflowers.”

When her parents broke the news that her father’s



Photo courtesy of Alaynah Luttrull

Luttrull shows off her book on Nov. 6

SEE **POETRY** | PAGE 8

Hendrix brought the Thunder

Brendan Borders
Staff Writer

Whether dancing wildly at a sports game, posing for pictures or waving hello in a parade, GC’s mascot Thunder is definitely one of the college’s most rambunctious features.

The idea of Thunder came not from the university, but instead from an enthusiastic student named Jason Hendrix who graduated in 2009 with a degree in management information systems.

Hendrix was a GC athletics superfan who ran cross country and track during his tenure at GC. He was part of a group called the Thundercats who attend every GC sports game and cheer on their fellow Bobcats.

According to the GC Connection Spring 2008 edition, Hendrix won tickets to go see the NCAA Final Four. When he got there, he realized very quickly that GC needed a mascot.

Hendrix and his friends in the Thundercats decided that it was time for a mascot to be born, so they began researching other



Photo courtesy of Jason Hendrix

schools’ mascots to figure out what it would take to get GC a mascot.

While Hendrix was part of Thundercats, now Thunder Crew, he designed a lot of the Thundercats’ logos as well as took lots of pictures.

He said that when they started designing the mascot, they used the Bobcat head on Front Campus as a template.

Hendrix knew that they

SEE **THUNDER** | PAGE 5

NEWS



WEAPONS REPORTED DOWNTOWN

A downtown alley has seen two weapons situations in the past month.

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SPORTS



GC WOMENS SOCCER

Soccer loses a thriller in the PBC championship before going down to penalty kicks

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ARTS & LIFE



EATING DISORDERS & HOLIDAYS

A student shares her experience of celebrating Thanksgiving with an eating disorder.

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NEWS

Anxiety on campus:
A series on mental health

Miya Banks
Staff Writer

Almost half of GC stu-
dents who went to coun-
seling services last year re-
ported anxiety as the main
reason they sought counsel-
ing.

“I really easily over-
whelm myself in terms of
all the things that I have
to do,” said a sophomore

English major who is di-
agnosed with generalized
anxiety disorder*.

Being told to calm down
and that she’ll get every-
thing done does not ease
her anxiety.

“People with anxiety
know that they can do
stuff,” she said. “I know
that I’ll be able to still finish
all my stuff, it’s just getting
there. So telling me that

I’m gonna be okay, and it’s
not worth worrying about,
that’s what I hate.”

Anxiety looks different
on each individual, and
it can be helpful for peo-
ple without anxiety to ask
questions about what nor-
mally happens during a
spike in anxiety, she said.

“Listening to someone
who is in distress and giv-
ing them space to share is
very important,” said Su-
san Spencer, a counselor
in GC’s Counseling Ser-
vices. “Empathizing and
reflecting that their strug-
gle seems real can also be
helpful.”

roommates or suite-
mates, meaning limit-
ed time alone, even at
home.

“Even just walking to
and from class,” she said.
“There are some times I
really want no one else to
see me, not that anyone
really judges each other
when you walk past each
other, but I just want to
be by myself. And it’s
hard, because you want
to be by yourself, but
you can’t really control
where other people go,
so I think that’s been
one of the most difficult
things about when I start
to get an anxiety or panic
attack. Just trying to get
by myself somehow.”

Her advice to other
students suffering from
anxiety is to make an
appointment with the
Counseling Center.

“I think that talking
to someone else who is
there to listen can be a
really good first step in
terms of figuring out
how you deal with things
and how this affects
you,” she said. “Especially
if it’s new to you and you
don’t really understand it.”

Counselors offer many
tools to help students deal
with their anxiety, from
breathing exercises to
worksheets.

GC’s Counseling Ser-
vices are free and con-
fidential. Students can
make an appointment by
visiting the Wellness and

THIS WEEK IN

GC HISTORY

NOV. 15

Nov. 19, 1962

SIGMA ALPHA IOTA HELD A CONCERT AT A LOCAL CHURCH TO CELEBRATE THANKSGIVING.

Nov. 12, 1964

A GC STUDENT AND DANCER CHOREOGRAPHED A DANCE INSPIRED BY THE DIFFICULTIES OF THE DIAGNOSIS OF SCHIZOPHRENIA TO PROMOTE AWARENESS OF HALLUCINATIONS AND VIOLENT REACTIONS ASSOCIATED WITH THE DISEASE.

Nov. 11, 1971

A FEATURED ARTICLE ON THE DEATH OF LEAD GUITARIST OF THE ALLMAN BROTHERS, DUANE ALLMAN, WAS PRINTED IN GC’S PAPER TO HONOR HIM. THE ALLMAN BROTHERS BAND MUSEUM IS LOCATED NEARBY IN MACON.

Anxiety at Georgia College

* GC 2017 NCHA

40.9% of GC students who sought treatment at Counseling Services last year said anxiety was the reason

*63.3% of GC students reported that they had experienced “overwhelming anxiety” at some point in their life

*24.6% of GC students reported that they have been diagnosed or treated for anxiety in the past 12 months

*27.8% of GC students reported that anxiety had interfered with academic performance in the past 12 months

61% of students said they had “felt overwhelming anxiety” in the same time period, according to an American College Health Association

Heather Hayden | Asst. Graphic Designer

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Join us for our last
pitch meeting on
Monday, Nov. 26, at
6:30 p.m. in MSU 128!

If you can’t make
it, but still want to
get involved, email
thegcsucolonnade@
gmail.com to contact
the staff!

Happy
Thanksgiving

FROM THE COLONNADE

***All Opinion
columns are the opinion
of the
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CORRECTIONS

The sex offender story in the Nov. 8 issue reports that a sexual assault occurred behind Bell Hall in 2018. It actually occurred in 2017.

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11.15.2018

NEWS

We are family

Abigail Ralph
Contributing Writer

Margo Steinbaugh stepped into her kitchen to see a swarm of bodies hovering around her oven. As she opened the oven door, the smell of fresh brownies filled the room, and cheers erupted. The boys immediately began begging to take home the leftovers.

"I call dibs on taking those home," said sophomore Cam Hall.

"Hey, you just got adopted this year," said senior Stephen Wise. "I have seniority."

It was another Sunday afternoon, and the Steinbaughs were joyfully feeding hungry college students after church.

While most people associate adoption with the permanent placement of a child into a home, the Steinbaughs have become a home away from home over the years for numerous GC students.

November 18 is National Adoption Day, and each year, about 135,000 children are adopted in the United States.

Margo Steinbaugh, 66, is thankful for the gift of adoption.

She was adopted when she was four months old, and now, she and her husband Mike, 66, make an effort to "adopt" more people into their family and provide love to young people who are away from home.

"I tell the kids we adopted you, and this is your home," Margo said. "If something isn't right, you run out of milk, your car won't start, any of these things, you just come here."

Margo and Mike Steinbaugh are one of 11 couples who are involved in "Adopt-A-College-Student," a program created in January 2018 by Covenant Presbyterian, a local Milledgeville church. The program was founded to help foster relationships between the church and college-aged students.

"Once we heard that Covenant was doing this, we thought, 'Why not?'" Margo said. "We love kids. We've really always 'adopted' students. Our daughter's friends always came over, especially when they knew I was baking."

Rebecca Shane, a member of Covenant Presbyterian Church who helped the program get started, said that to become a part of the program students are encouraged to be involved in Covenant Presbyterian Church.

"Our prayer is that this program would continue to help college students build relationships with our other local church members," Shane said.

The Steinbaughs moved to the Milledgeville area two years ago from Dayton, Ohio, when Margo retired from being a school teacher and Mike retired from contracting.



Photo courtesy of the Steinbaughs

The Steinbaughs and their newly "adopted" GC students in Fall 2018

The couple said they wanted to live on Lake Sinclair, where they would be closer to their children and grandchildren, who live just four hours away in Florida. But the area is more than just lake country to the Steinbaughs.

"We were really drawn to Milledgeville because it was a college town," Margo said.

Last year, the couple "adopted" three students: Andrew Martinez and Austin Simpson, both of whom graduated in May 2018, and current senior Stephen Wise.

Although Martinez and Simpson graduated, they both still visit the Steinbaughs when they're in town. Recently, Martinez reached out to the Steinbaughs to tell them he was going to propose to his longtime girlfriend.

"I consider it a privilege to call the Steinbaughs family because they care for me like I am their own son and still continually keep

up with me," Martinez said. "Honestly, getting to know them was probably one of the best things that Milledgeville brought me."

Earlier this year, the couple "adopted" four additional GC students: Cam Hall, a biology major; sophomore Candler O'Neal, a nursing major; sophomore Alivia George, an exercise science major; and senior Sydney Sheley, an exercise science major.

Sheley said she is comforted knowing the Steinbaughs are just right down the road in case she needs anything.

"I'm so thankful to have been adopted by this family and get to see a godly couple care for others," Sheley said. "They constantly show me that they love and care about me."

For George, this relationship means that they are her family away from her family.

"My relationship with the Steinbaughs means a lot to me," George said. "To

be a part of their adopted family is to be deeply cared for and looked over. One of my favorite parts of the week is getting to see them and talk about the things going on in our lives. They are truly a blessing."

Each month, the Steinbaughs invite the students to their home for dinner and an activity. In October, the Steinbaughs and their "adopted" children carved pumpkins. Additionally, Mike will often invite the boys over on Sunday for some late afternoon fishing on the lake behind their home.

"One of my favorite parts about adopting these students is the time I've now been able to spend with them just out on lake while they tell me all about their lives," Mike said.

This program is also great for getting involved and meeting more members of the local community.

"I wanted to get involved in the church and local

community, especially with the older people within the church," O'Neal said. "So once I knew about this program, I knew I wanted to be involved and be apart of a local Godly family."

Although the couple has plans to visit their biological children in Florida this Christmas, they still made time to schedule a family Christmas dinner in Milledgeville with their "adopted" children before everyone leaves for the break.

"I'm sure that all of the kids will come over once she starts baking cookies," Mike said.

The Steinbaughs have plans to continue to grow their family and "adopt" new students each year.

If you or someone you know would like to be a part of the "Adopt-A-College" program, please contact Covenant Presbyterian Church or visit to get involved.

From soldier to student

Anna Beck
Contributing Writer

Underneath the hazy bar lights and bright neon signs, John Schultze stands laughing with customers of Amici in downtown Milledgeville. In between the football highlights and friendly chatter, John plans out his study schedule in his head.

A few patriotic customers thank him for his service and wish him a happy Veteran's Day. He thanks them graciously.

Schultze is a senior at GC, an Army veteran and the general manager of Amici's Milledgeville restaurant. He is among the 50 percent of veterans to use the federal G.I. Bill, according to the Department of Veterans Affairs.

The G.I. Bill is a federal stipend for veterans attending college.

Schultze completed two combat tours in Iraq and Afghanistan as an Army medic beginning in 2005. His training as a medic is what led him to major in exercise physiology.

There are some challenges that accompany going back to school after serving in the armed forces. Schultze is much older than his fellow classmates and even a few of his professors. However, he says the majority of GC's students are respectful and welcoming.

"Every single person in my classes is willing and excited to help me if I have a problem with homework or an in-class assignment, despite my age," Schultze said. "People like to give this generation a hard time about the way they conduct



Photo courtesy of John Schultze

Schultze (middle) in Iraq in 2008

themselves, but thankfully I have first-hand seen how kind and respectful they are.

Other than being older than his classmates, Schultze says that his time at GC has been relatively problem-free.

"You know, I struggle with the same things that everyone else struggles with. Some days I lack motivation, and sometimes I forget about homework. But I always try to work hard, and do what I've got to do," Schultze said.

Schultze has a lot more to balance in his personal life than the average student: he goes to school for around 15 hours a week while having a full-time job at Amici as well as a wife and two bluetick coonhounds.

He says that after he works all day, he and his wife Courtney usually go to the gym and cook dinner together to spend quality time with each other. Then they watch a little television and lay down to sleep. He says he usually lays down with his wife for an hour or

two, but will set an alarm for 11 p.m. so he can wake up to finish assignments and study.

He credits the Army with great time management practices and ways to prioritize different aspects of his life.

Schultze's boss, Bob Ewing, has only great things to say about his general manager.

"He's an incredible asset for us, and wherever he does move onto in the future, I know he will do well," Ewing said.

One of Schultze's employees, Kendall Ward, has been working under him for a few months.

"It has been a pleasure working with Schultze," Ward said. "He comes off very intense at first ... but as you get to know him better, he is very funny and great at his job. He seems like he really enjoys school and more often than not, he will tell me something he learned in class that day or a project he is working on. He really is a great man, and a great boss."

Absentee ballots published

Emma Parry
Contributing Writer

Records of an estimated 1,500 Baldwin County residents are among those that were released on a massive Microsoft Excel spreadsheet after the Nov. 6 general election.

Official registration records pertaining to over 291,000 submitted State of Georgia absentee ballots were published online on Wednesday by the office of recently resigned Secretary of State Brian Kemp. The statuses of elderly, disabled and overseas military were also made public alongside these citizens' full names, voter registration numbers, home addresses, return addresses and ballot statuses.

There are no apparent rules about public records of elderly, disabled or overseas military personnel, but active military status is not common knowledge. Exposure of any kind of military status could be detrimental to the safety of anyone in military service or their families.

"I am unaware of any law that prohibits the actions of the Secretary of State as they do not disclose dates of birth and social security numbers," said GC Chief of Police and Director of Public Safety Don Challis in an email.

Phone numbers, birthdates, Social Secu-

rity numbers and driver's license numbers are not publicly accessible but may circulate in other offices of the government.

The link to automatically download and view the document was live for at least two hours Wednesday night before it was removed from the official secretary of state elections website. Candice Broce, press secretary to newly installed Secretary of State Robyn A. Crittenden, did not respond immediately for comment on this matter.

National voter turnout was the highest that it has been for a midterm election in over 50 years, and youth voter turnout also broke records. The release of this personal information, however, could be concerning for many college students who voted via absentee ballot.

Laws in Georgia allow for the public availability of voter registration data, but usually, the data must be purchased on a non-commercial basis through a government web store. A statewide voter list costs \$250, with a one-to-two-week electronic processing period.

Most Georgians do not know that their personal information is open for viewing, and there is no public record of who has purchased or accessed the information.

Data available for purchase can include active and inactive voters' names, birth years, residential and mailing addresses, race,

gender, party affiliation, registration dates and most recent voting dates.

This comes a year and a half after President Donald Trump created an executive advisory committee to inform him on vulnerabilities in voting systems and practices used for federal elections.

Numerous issues with malfunctioning voting machines occurred last Tuesday in locations around the state, and at some polling places, voters were left waiting for several hours to cast their ballots.

"I am proud that Georgia's elections are among the most secure in the nation, and we take every measure possible to ensure the integrity, security and fairness of our elections process," said Brian Kemp in a letter on his secretary of state elections website.

The secretary of state office has been criticized for outdated voting technology and poor security measures, especially after Georgia voter data has repeatedly made its way into the news for wiped servers, the purging of hundreds of thousands of voters and leaked information.

Public voter data is supposed to be only a mechanism to prevent voter fraud, but with the technology available in 2018 and attempts at election interference from other countries, many would argue that publishing this data for anyone to access is not in the best interest of Americans.

NEWS



Emily Bryant | Photo Editor

The back alley behind Hancock street is poorly lit at night

Weapons in back alley

Jessica Gratigny
Contributing Writer

The safety of the back alley behind Buffington’s, the Brick, and Blackbird in Downtown Milledgeville is in question after two incidents involving weapons were reported to the Milledgeville Police during the month of October.

“This is a small, sleepy little town, but it has the same crime and same problems that any other city has,” said Major John Davis from the Milledgeville Police Department.

The first incident occurred around 10 p.m. on the night of Oct. 1. According to witnesses, a man pulled a knife on someone but ran off when confronted.

The second incident occurred a few days later around 1 a.m. on Oct. 6. A man was reportedly making threats and brandishing a gun in the back alley. He was arrested later that night.

This back alley has been a place for college students and Milledgeville residents to socialize.

On Tuesday, Nov. 6, Buffington’s hosted Throw-down For Your Hometown, a social for GC’s sorority Phi Mu and fraternity Kappa Sigma.

Ryan Harris, a junior accounting major and a member of Kappa Sigma, was attending the social that night and hanging out in the back alley with two of his fraternity brothers. When informed of the two incidents that occurred just a month before, Harris expressed no concern for his safety.

“There are three guys, so we’ll be fine,” Harris said.

When two Phi Mu sorority sisters heard the same

information, they felt differently.

Sophomore Blake Kroll, an early childhood education major, said she has hung out in the alleyway countless times before.

“I wouldn’t continue to hang out here because I don’t want to get stabbed or shot, and it’s not well lit,” Kroll said. “There’s a lot of hiding spots for criminals.”

Her sorority sister and sophomore Aysha Roberts, an early childhood education major, agreed with Kroll.

“It’s sketchy,” Roberts said. “I mean just look at it.”

Other members of the community also expressed their opinions on the safety of the downtown alleyway.

Maj. John Davis, who has 19 years with the Milledgeville Police Department, explained that both the Milledgeville Police and GC Public Safety patrol the downtown area by foot and car to make sure students and other people are safe.

“Anything can happen at any time,” Davis said. “Violence, by and large, is not common in that area.”

Davis also provided tips for college students and other downtown visitors to keep in mind when going downtown at night.

“Stay in groups, stay together and stay in lighted areas, and you’re far safer than going in back alleys,” Davis advised. “Of course, we’re driving constantly during those times, too.”

Taylor Withrow, a 38-year-old photographer and employee for Sinclair Oconee Homes, found the alley to be safe for college students, considering he has lived in multiple major cities across America, such as St. Louis and Orlando.

Withrow said he has hung out in the back alley

several times a week for the past 19 years. According to Withrow, in the past seven years, he has personally only seen three or four fights break out in the area.

Buffington’s employee Trinity Shaw, a GC sophomore biology major, said she spends most of her time at Buffington’s and frequently hangs out there when she is not working.

Even after these two incidents occurred at her place of work, she expressed that she still feels very safe while on the job and will continue hanging out there.

“If there’s ever an issue, the people that work here are cool and will help you in a second,” Shaw said.

If incidents like these continue, it could not only affect customers and employees of downtown establishments but also other businesses that have back doors leading out to this alley.

A few doors down from Buffington’s, Bradley Sowell, a music teacher at GC, is going into his fifth month working at Milledgeville’s only downtown coffee shop, Blackbird Coffee.

On weekdays and Saturdays, the beloved coffee shop stays open until 10 p.m., and on Sundays, it closes at 9 p.m. According to Sowell, Blackbird’s dumpster is located in the back alley.

“I will be more concerned with colleagues that go outside at night,” said Sowell after being informed of the two incidents that occurred in the alley. “I wish that we could have more of police presence downtown every day of the week. It would put out an air of safety for people.”

Liquor

CONTINUED FROM PAGE 1

nity director of Sanford Hall and Napier Hall. “It’s never all upon us; it’s up to you [the student].”

Students can still receive a fine if they deny the accusations despite the evidence, and all appeals go to the Student Judicial Board. However, Kwon

said that this step is usually unnecessary.

“GC students are very honest, and they use this time as a learning moment,” Kwon said. “A lot of the time, they are very apologetic.”

Kwon said she likes to have conversations with accused students about why they came to GC. She makes it clear how drinking incidents can have consequences for a student’s

future career—especially when nursing and education students apply for the cohort.

“That’s something as community director and conduct hearing officer that I’m very thankful for,” she said. “The longer I’m here, I know I’m getting spoiled. Our students normally come here because they’re very academic-focused and driven.”

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FOR COLONNADE
PITCH MEETINGS

WHEN: MONDAYS
6:30 - 7 P.M.
WHERE: MSU 128

Blackbird Study
Abroad Night

November 11, 2018
7 pm - 9 pm
The Nest @ Blackbird

Ask study abroad ambassadors about their experience and gain information about our summer programs, as well as semester and academic year opportunities.

FREE BLACKBIRD
COFFEE, SNACKS
& PRIZES FOR STUDENTS!



Emily Bryant / Photo Editor

Graffiti covers the back walls of downtown businesses



11.15.2018

SPORTS

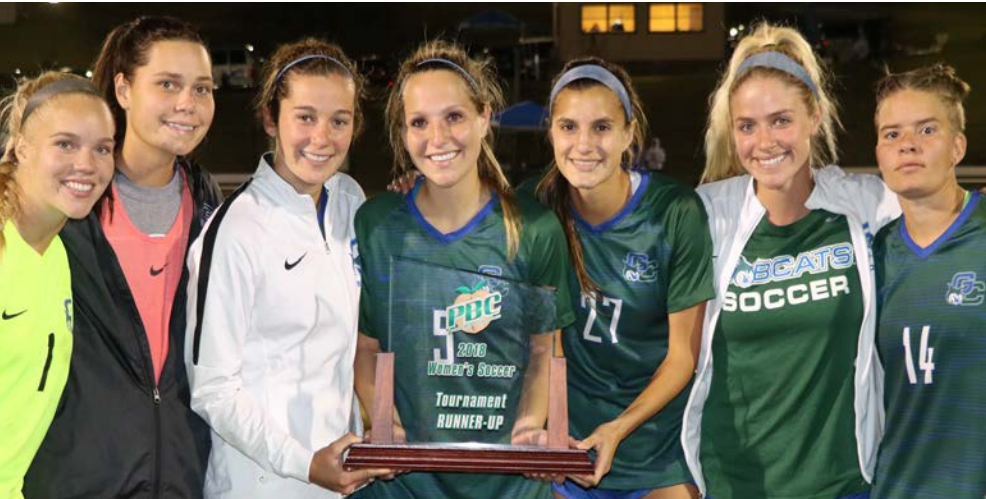


Photo courtesy of GC Sports Information

GC soccer seniors gather around the PBC runner-up hardware

Soccer falls short in PBC championship to PKs

Keegan Casteel
Staff Writer

The GC women’s soccer team ended their season on Nov. 5, falling just short of victory at the PBC championship after a thrilling battle against Columbus State University.

The Bobcats held the undefeated Cougars 0-0 in regulation play and two overtimes but lost in a penalty kick shootout 4-2. The players selected to take the PKs were seniors Sofia Lekas and Unnbjorg Omarsdottir and freshmen Brooke Adams and Madi Diaz Granados.

“It was an absolutely fantastic game with a well executed game plan,” said

head coach Hope Clark. “It was the first game this season that Columbus State had not scored a goal, so it was a very exciting match.”

This season marked the second time in program history that GC made an appearance in the PBC championship. The first time was in 2013, where the team also received the runner-up trophy after falling to Clayton State University in a PK shootout.

Though the championship did not end in GC’s favor, the team exhibited great perseverance and a commitment to success throughout the entire season.

“Of the four years I’ve been here, this is the closest we’ve been as a team,” said senior Savanna DeValle.

“That really helped us going into the season because we started out 5-0. At a point, we did hit a bump in the road and weren’t playing with the same intensity that we started with, but it all ended up working out because we made it to the championship.”

The Bobcats achieved their highest ranking in school history at No. 13 in the country. The team also appeared in the regional rankings for the United Soccer Coaches eight out of the nine weeks and in the NCAA national polls.

“It was an outstanding season,” Clark said. “Last year, we broke a lot of records and created a new history for the program, and this year we did the same thing by breaking a

GC WOMEN’S SOCCER
STATS OF THE WEEK

OVERALL RECORD
11-5-5

CONFERENCE RECORD
3-4-3

21 GAMES PLAYED

43 GOALS

27 ASSISTS

12 SHUTOUT GAMES

Rachael Alesia / Graphic Designer

lot of phenomenal records by different players on the pitch.”

GC and Columbus State have held a consistent rivalry with each other throughout the years.

“We beat them 1-2 last year, so they definitely came out for blood this season and ended up beating us 4-0,” DeValle said. “They always recruit really well, so when the seniors leave, the freshmen are just as good. They’re always tough to hang with, but so is GC.”

Sophomore Cassie Bal-

zano said that she is proud of how well the team performed in the championship and throughout the season.

“We grew a lot this season and managed it very well,” Balzano said. “We won and tied some games this season that we lost last season, so that was really good. My personal favorite memory of the season was the PBC tournament semifinals against Young Harris where I kicked a cross-shot to win the game with seconds left on the clock.”

Though the season is over, GC has already starting recruiting its next class and plans to grow in skill and be just as competitive next season.

“For us, it’s now just about mass recruiting,” Clark said. “We literally recruit every single day. We try to continue on and strengthen ourselves, and all I can say is we are so beyond proud of our program and all that these women have accomplished this year.”

Thunder
CONTINUED FROM PAGE 1

couldn’t just make a mascot suit on their own, that they have to be specially designed by a professional. He reached out to Tom Sapp, who runs Real Characters Inc., to create a mascot for GC. Sapp’s work includes Albert and Alberta for University of Florida, Harry Hawk for the Atlanta Hawks and Hairy for the University of Georgia.

Sapp and Hendrix met up in late May and early June of 2007 to get to work on the mascot, with the heavy designs coming in September of 2007 and the deadline for completion being around Thanksgiving of 2007.

Sapp and Hendrix decided that the total price for a real mascot suit would be around \$23,000.

Hendrix first asked his friends to chip in a few bucks, and then he asked his fellow Thundercats to start raising money for this GC mascot. Then they petitioned the Student Government Association (SGA) for funds. SGA said that they could not give him any money because they

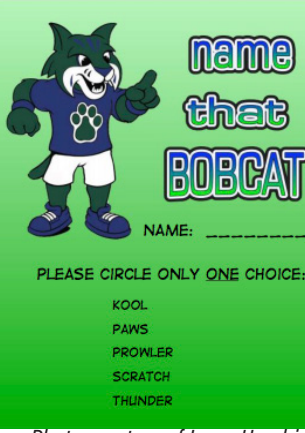


Photo courtesy of Jason Hendrix

A sample ballot for naming the Bobcat

were not a Registered Student Organization (RSO), so he jumped through the hoops of becoming one.

After petitioning SGA and raising money from his friends and his fellow students, the movement really started to gain traction when the university decided to step in and covered the rest of the cost.

The suit was finished during Thanksgiving of 2007, and Hendrix took time off of his school break to go to Atlanta and have private meetings with Sapp.

Sapp measured Hendrix, who is 6-feet-2 and a half inches tall, for the suit. Still to this day, the suit fits someone that is 6-foot-1 to 6-foot-3.

The mascot was finished but unnamed Hendrix designed an 8-by-11 sheet with pictures of the mascot and five potential names for students to decide on. The Thundercats tabled at sports games and on campus, letting students take a sheet and circle the name they wanted.

The potential names that students could pick were Scratch, Paws, Prowler, Kool and, of course, Thunder.

Thunder received the most votes, and Thunder the Bobcat was born.

After picking the name Thunder, students could also vote for Thunder’s theme song, ultimately choosing Thunderstruck by ACDC.

Hendrix said that once everything was chosen, they still had to reveal Thunder.

Al Weston, GC’s assistant athletic director in Communications said that Thunder was revealed during a Bobcat Madness event. Hendrix wore the

full suit, except for the head, and contorted himself into a hockey goalie bag.

Weston said the bag was dragged out into the center of the basketball court, and the head was placed nearby in a box. The lights were lowered, and all of the cheerleaders gathered around in a big circle and performed a routine.

Hendrix said that while the lights were still down he popped out of the bag and put the head on. The lights were raised, and Thunder was revealed for the first time.

Hendrix said that he was Thunder for most of 2008, but towards the tail end of 2008 and into 2009, he had torn his MCL and broke his foot while running, and he was not able to be Thunder for a while.

Hendrix trained another person to be the mascot while he was recovering, making two mascots. When his senior year started, he felt better and was cleared to be the mascot again.

Thunder has changed by bits and pieces every single year. For example, the tail on a real bobcat is short, but Thunder has a long tail. Hendrix said that the current Bobcat head looks friendlier and bubblier than it used to, but the original design can still be seen on Front Campus where the Bobcat head is displayed.

Even though the suit was originally built by Hendrix and made to fit someone of his stature, University Advancement, which are now in charge of Thunder, says that Thunder is gender neutral.

According to Mimi Patel, who directly oversees the scheduling of Thunder,

they do not charge for any RSO or student organization that requests the mascot’s appearance. She said that sometimes community members will request Thunder, and they can be subjected to a fee.

Being Thunder has a few requirements, however, because the suit can get hot for the student inside. Since students can only be in the suit for 45 minutes, Patel said sometimes a few people will go to an event, and when the 45 minutes is up, they will switch places and restart the clock.

Patel also said that even though an organization might request Thunder, they don’t always receive their request in case it could be dangerous for the student inside. For example, you cannot have Thunder come to your apartment and clean your dishes for you.

No matter the venue though, Thunder is required to have a private dressing room to protect the privacy of the student and to prevent anyone from knowing who is inside. Patel said it is the goal for no one to know who is inside the suit until the student graduates.

If a student wants to become Thunder, they are encouraged to apply for the position through Handshake or at the part-time job fair each year. In order for a student to become Thunder, there is a judging process where the student shows off their routine in front of current Thunders as well as athletic faculty. This year, Dr. Dorman was also in attendance.

Hendrix said he loved being interviewed by The Colonnade about Thun-



Photo courtesy of Jason Hendrix

One of the original Thunder sketches

der because he said that even after 11 years, he’s still getting asked about what he created. This past weekend, Hendrix was invited back for an alumni banquet where he received the Outstanding Recent Alumni award.

Today, Hendrix lives in Florida where he is married and works as the director of communications for the Florida Sports Foundation, a non-profit dedicated to improving and developing

the sports industry in Florida communities. The organization promotes sports tourism in the state of Florida and encourages active participation by all ages in sports.

“Thunder wasn’t necessarily a claim to fame, but it’s something that when I go back to GC in 30 or 40 years from now, I’m going to be recognized for that for years to come,” Hendrix said.

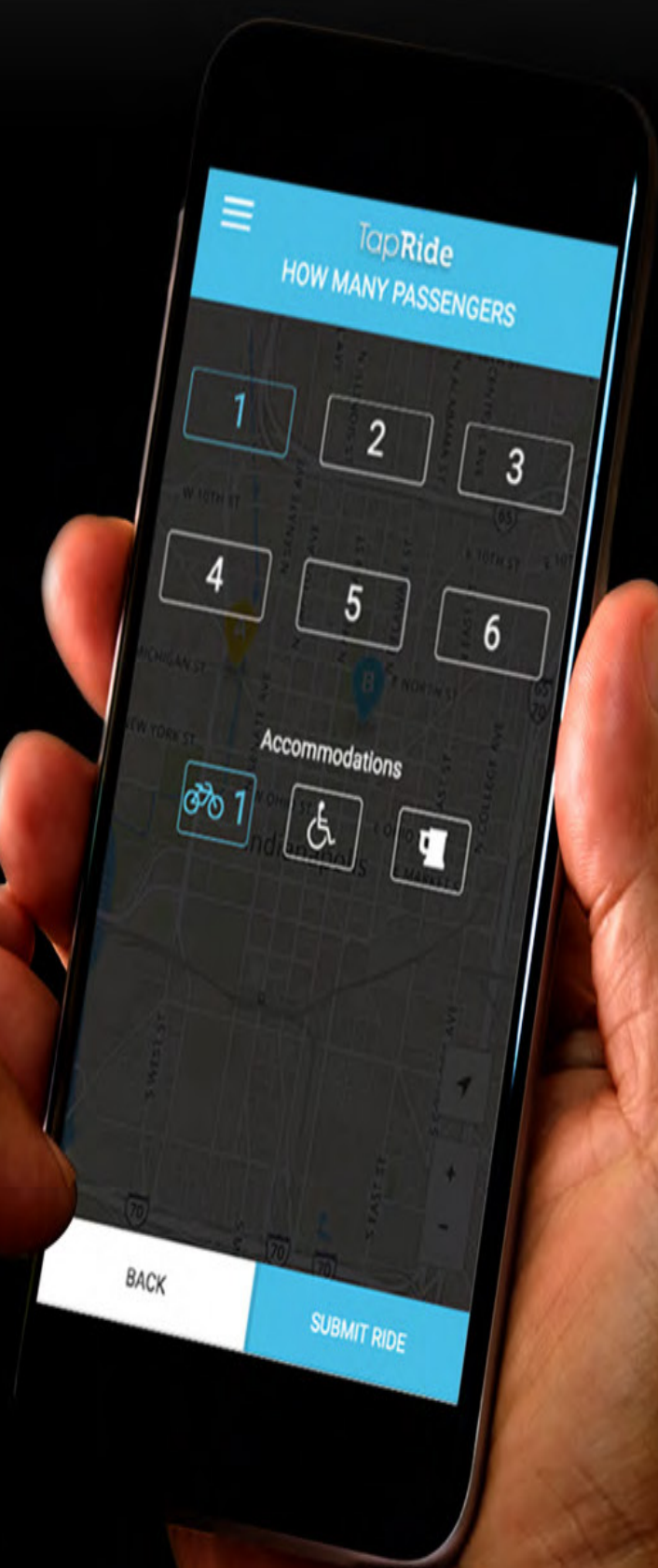


Photo courtesy of Jason Hendrix

((TapRide))

ON-DEMAND RIDES FOR

\$5
EACH WAY



GCSU.EDU/TAPRIDE

ARTS & LIFE

Celebrating Thanksgiving with an eating disorder

Caroline Duckworth
Copy Editor

I pushed the collard greens to the edge of my plate but didn't lift the fork to my mouth. The food in front of me, mostly vegetables, was overwhelming. I had purposely spread the Brussels sprouts and potatoes across the plate so no one would ask if I had enough food. But my sister had still offered me a roll of bread, which I took politely. It now sat it on the edge of my plate to taunt me, but I refused to let myself eat it.

The table was filled with my mom's family, loud and boisterous, eating from plates overflowing with turkey and sides covered in gravy. I sat quietly between

my cousins, barely listening to their chatter, feeling small. Not long after our meal was finished, I slipped away to the bathroom to purge it all away.

It was the fall of my freshman year. I was entrenched in my eating disorder, and Thanksgiving dinner was a nightmare.

Now, two years later, after four months of outpatient treatment at the Atlanta Center for Eating Disorders (ACE) and many more months of therapy, I can say that I am "in recovery." I haven't purged in nearly a year, I follow a flexible meal plan, and my fear of food no longer controls my life.

However, as Thanksgiving approaches once again, I find a familiar worry rising: the worry of food that is out of my control.

Through my recovery

journey, I've realized that I'm not alone in this fear. Eating disorders are common among college-aged students, with studies in the Journal of the American College of Nutrition and the Journal of Affective Disorders showing that eating disorders affect 10-20 percent of female college students and 4-10 percent of male college students.

Mandy Jarriel, associate professor of athletic training at GC, explained that this is because college is a "perfect storm" for the development of eating disorders.

"Stresses such as independent living, changing social contexts, including increased social comparison and added workloads, and expectations add anxiety and a level of mental health concern that the student now deals with in a more self-regulating capacity," Jarriel said. "In high school, managing this stress was perhaps doable with support from long-term friendships and family support, but in the more complicated changing college environment, this support system is often missing links, leading to the susceptibility of these disorders."

This was exactly how my disorder began freshman year. The stress of college assignments, living with a roommate and trying to make friends piled up, and eventually, it was too much to cope with.

In preparation for the holiday season, I have started returning to the cognitive behavior-

al therapy (CBT) and mindfulness practices taught me, refreshing my memory on staying grounded while eating and focusing on conversation instead of food. I remember last year, the weekend before Thanksgiving,

I was still at ACE for my outpatient days. I was sitting in group therapy, and we were talking about our "game plans" for our Thanksgiving meals.

Some people talked about fear foods they wanted to tackle, while others said they would ask one specific family member to help distract them if they were anxious or triggered.

I decided that I wanted to connect and be present, to not shrink into myself. I've found that this is still an important goal of mine for this upcoming holiday season.

Jarriel reminded me that the holidays are not just for eating but about visiting with those you care about. If you have a loved one struggling with an eating disorder, try not to focus too much on what they're eating.

"Make sure that the primary focus of the holiday is not on the food but rather on the family time," Jarriel said. "Allow for other activities that do not involve food."

Connecting with family during this time is also important because it's easy for those with a disorder to isolate.

At the height of my eating disorder, isolation made it easier to focus on restricting my calories, and to hide the fact that I sometimes threw up my food. Connecting with others instead pulls us outside of our heads and away from our anxiety surrounding food.

However, interacting with so many people during the holidays can also be anxiety-inducing. Being around more people makes it more likely that

someone will say something uncomfortable or triggering.

During that group at ACE, many of us chose family members or friends to call on when we felt anxious or triggered. For me, it was my boyfriend and my sister, who were easy to pull away from the table. We could simply step out on the deck or go for a walk, talking until I felt better. This year, I plan to ask for their support once again.

When giving advice for students dealing with an eating disorder during the holidays, Jarriel also recommended having practiced verbal responses to what people might say that would make you feel uncomfortable.

"This will help decrease your overall anxiety when you know what you plan to say," Jarriel said.

Before treatment at ACE, I had a go-to excuse when family members would mention my weight-loss.

"I'm exercising," I'd say defensively.

And I was. I was running almost 12 miles a week on top of restricting my caloric intake and purging.

Today, my weight is relatively consistent, at least 15 pounds more than my lowest weight during my eating disorder, and I feel

stronger, healthier and happier.

However, I still find myself getting defensive when a family member mentions how skinny I am. I want to hide my "ugly" history, so I reassure them that I'm just eating vegetarian and doing yoga. And while these things are true, I've come to realize I don't owe them an explanation.

No one, whether or not they are struggling to recover from an eating disorder, owes anyone else an explanation about their weight or what they eat.

So, I am prepared to tell them I'm just taking care of myself and that there's so much more to me than just my appearance. I know that I have overcome great obstacles, that I am stronger and more vibrant than ever before. This holiday season, I will not be afraid, and I will not be small.

If you or a loved one is suffering from an eating disorder, you can contact the National Eating Disorder Association helpline at (800) 931-2237.

ARTS & LIFE

Poetry
CONTINUED FROM

PAGE 1

new job with the U.S. Department of State would transplant the family overseas, Luttrull responded with unexpected enthusiasm for a 12-year-old. For the year before the move, she had been feeling restless in her “monotonous” Milledgeville life and yearned for change. “For a sixth grader, that’s a really weird feeling,” Luttrull said. “Looking back, I think that it was a nudge in my spirit that something was going to happen. I feel like it was my body preparing me, or God preparing me, to take the news that my life was going to change as dramatically as I think a 12-year-old’s life can change without a tragedy happening.” Initial excitement gave way to apprehension the week before she left, when the reality of the big move set in. “We were being uprooted,” Luttrull said. “We would not be allowed to root again. Over the next 12 years at least, we had no home, no specific place.” They packed up their lives and head to Warsaw,

Poland, where the family lived for three and a half years before moving to Stuttgart, Germany. As an eighth-grader in Warsaw, Luttrull discovered her passion for poetry through a class project. She now uses poetry as a form of self-expression, a way to process things that have happened in her life. “Sweet Tea and Wildflowers,” her self-published book of poems, began as a surprise gift for her family at her high school graduation party. It is a compilation of poems Luttrull has written from 2012 to her senior year of high school. The title is a tribute to both her Southern American roots and her time abroad. Luttrull grew up in Milledgeville drinking her grandmother’s sweet tea, a habit she brought with her to Europe. The wildflowers, on the other hand, represent her life overseas. “‘Wildflowers’ is a nod to who I try to be and hopefully who I am,” Luttrull said. “Wildflowers grow where they’re planted. You can’t hold out to move somewhere else. You have to flourish where you’re at.” Luttrull’s childhood best friend Caitlyn Chivers, a sophomore psychology major at GC, illustrated the

book. The two have known each since they were babies, and have continued their friendship into college. “We’re best friends, totally,” Chivers said. “We’ve been together through thick and thin, I love her to bits.” Luttrull said her favorite poem changes with the day, but one that is particularly important to her is “Six Gulps of Willful Silence,” a poem about six times she felt she did not have a voice. “It speaks very widely to some of the issues that women face in our society with sexual assault and almost feeling like we don’t have a voice sometimes,” Luttrull said. “I keep saying I’m not going to stay silent, and yet I keep my mouth shut, and I bury all this fiery indignation under six gulps of silence.” Luttrull writes poetry when she is “brimming with emotion” and can only interpret her feelings as she writes them down. She also writes when she is thinking about something and comes upon a phrase she likes, which she builds a poem around. “I’ll force myself to write a poem about that idea,” Luttrull said. “Eventually what will happen is

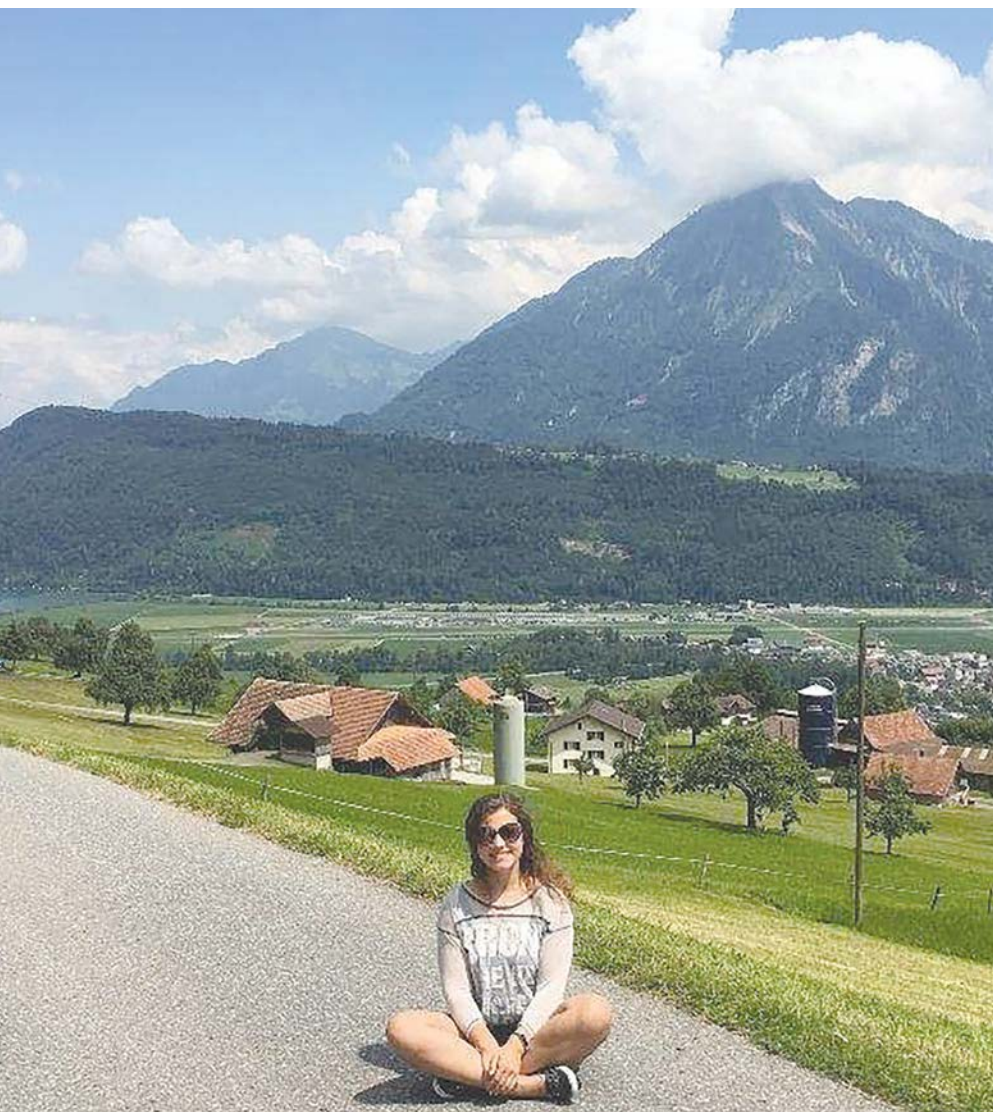


Photo courtesy of Alaynah Luttrull

Luttrull sits in the Swiss Alps in 2018

between all of my forced writing, something will click, and it’ll turn into something actually good. It’ll probably change the entire poem, but it’ll turn

into something good.” Her inspiration ebbs and flows. Sometimes, she will write three poems in the span of two hours, and other times, she won’t finish a poem for three weeks.

This book is likely only the beginning of Luttrull’s writing career. “Sweet Tea and Wildflowers” is available for purchase on Amazon.

GC Opera: “Languages of Love”

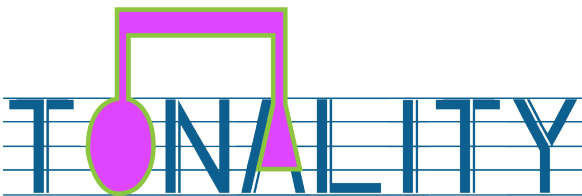
Maggie Waldmann
Asst. Arts & Life

A man takes his lover’s hand, their voices moving back and forth as they court each other center stage. A single pianist plays behind them, accompanying the changing baritone-soprano pitches. The opening act of “The Languages of Love,” GC’s first opera compilation show in over 10 years, embodies the theme of passionate love with Wolfgang Amadeus Mozart’s classic Papageno duet. This opera compilation show includes eight acts from Mozart, Johann Strauss and Claudio Monteverdi and was performed

on Tuesday, Nov. 13, in the original languages of Italian and German. Youngmi Kim, director of the show, carefully chose each act to represent the complexity of the various elements of romance. “Most of the operas are all about love, so the scenes are related to love in different settings,” Kim said. The 10 students who performed in the show have spent the entire fall semester learning the complex German and Italian diction required. The fourth act, “Alla bella Despinetta,” from Mozart’s opera “Cosi Fan Tutte,” is a sextet, requiring the six vocalists to achieve the original performance. “The one from the sextet is the hardest thing we have to do,” said performer Jared Etheridge, a junior

and music major. “It’s lightning fast, and there’s so many words.” The fast-paced singing poses difficulty to not only the performers but also to members of the audience unfamiliar with foreign languages. “For the audience who has never been to the opera, we are providing the narrator to help them understand what is going on and who the characters are,” Kim said. “We also provide the translation, so they will be able to follow the lines and what the singers are singing about.” The finale of the show, “Champagne Finale,” is the only piece performed in English. “It’s a very big piece, and there are only eight of us, so at one point it splits into an eight-part harmo-

ny,” said performer Jacob McDonald, a senior music major. The intricate vocals of opera have challenged the performers on their journey preparing for the show. “It sounds like similar lines, but they do little different things, and those little different things are what makes it really pretty, so you know you have to help bring those out any way you can,” McDonald said. For music lovers interested in a unique show, the opera provided a diverse theatrical entertainment experience, according to Dr. Kim. “Opera is total artwork,” Kim said. “It has drama, it has singing, it has acting, it has sets, and we will try to show everything.”



Benjamin Monckton
Music Columnist

“Souris Calle”

Tonality explores, analyzes and interprets music of the past and present. All opinions are that of Benjamin Monckton, not of the Colonnade.

Conceptual artist Sophie Calle is no stranger to exploring the abyss of heartbreak. Her 2003 work “Douleur Exquise” chronicled the whirlwind of emotions that accompany a breakup. From the initial agonizing stab of abandonment to the slow process of healing, Calle’s work had a way of transforming the experience into a tangible format that connects all who engage with the work. It should be no such surprise that her recent conceptual album, “Souris Calle,” is one of the most original and daring musical experiments of the year. Named for her late pet cat, “Souris Calle,” explores the isolating feelings that accompany the loss of your most loved companion. “Souris Calle” brings together a team of songwriters: Jarvis Cocker, Michael Stipe, Bono and Pharell, to name a few, to pay their respects to Calle’s late feline friend: Souris. The album is a series of eulogies, an eclectic representation of each songwriter’s relationship with the cat. It is a compilation of artists not grieving as one, but articulating their relationship with absence itself. A lengthy hour and 36 minutes’ worth of music, “Souris Calle” begins with a voicemail Bono left Sophie and ends with Sophie her-

self singing accompanied by a piano. Along the way, the album transitions from the synthy atmosphere and lush French lyricism on Juliette Armanet’s “Cool Cat” to the thrashing distorted metal of “Tactical Reborn.” Fingerpicked guitars may occupy the entirety of one track, while a whispered French voice make up the next track. You never know what to expect next, which is part of “Souris Calle’s” majesty. Pharell’s contribution, an instrumental track called “A Cat Named Mouse,” is a choir accompanied by playful marimba, followed by a delayed synth. Michael Stipe of R.E.M. and Fabrizio Moretti of The Strokes also offer instrumental reflections that sound like a sonic interpretation of a cat’s temperament. While the majority of the album is sung in French, tracks like “On Death” included whispers in English over a strummed guitar. A high harmony sings over a natural vocal, “The space between my pillow is yours. The void, the stillness, where you used to be.” Much like “Douleur Exquise,” Calle is able to unite songwriters and artists around a concept is as central to life: loss. A forlorn reflection on absence, “Souris Calle” is a celebration of life and a forlorn reflection on absence. The way in which listeners connect with the work will vary based on their relationship with death of a loved one. However, even to those that can’t develop a connection with the work, the album serves as a gentle reminder that the loss of a loved one, be it a parent, lover or friend, deserves obeisance.



Photo courtesy of Youngmi Kim

GC music students dress-rehearse on Nov. 8 for their opera performance